metro LIFE
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Your essential daily news
Monday, January 16, 2017

The reel politics of horror films

SLUGLINE

Deck deck deck deck deck deck dec

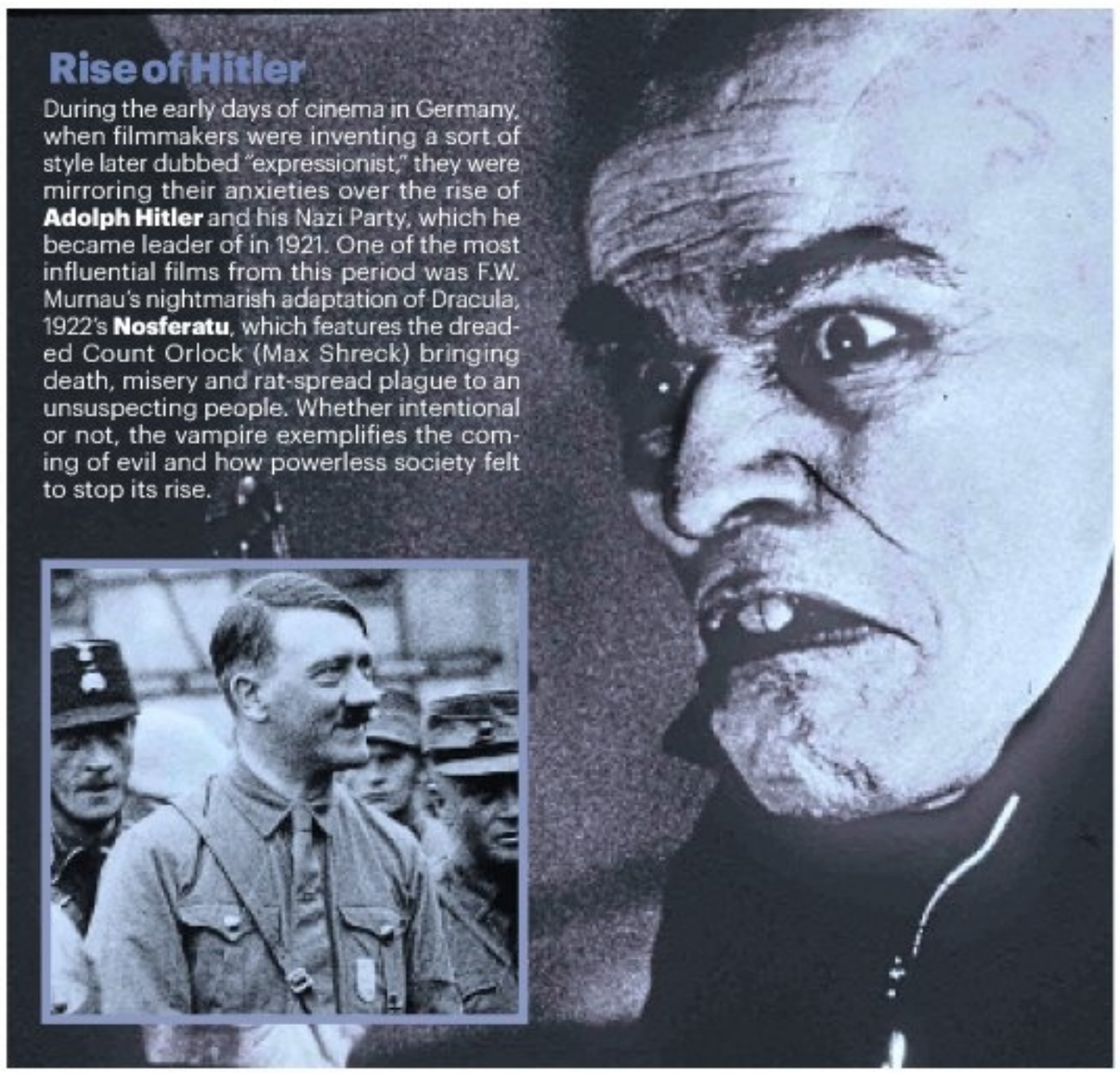
Chris Alexander
For Metro Canada

There are a great number of human beings on the face of this planet who are dreading Jan. 20. For them, the day represents an affirmation that, despite the progress we've made globally as a civilization, a certain kind of regressive thinking has trumped all. On Inauguration Day, an allegedly sexist, xenophobic, socially volatile Twitter bully becomes the leader of the free world.

While you cannot rightly predict the future, a majority of those in the arts are aghast at what may come. The good news: when creative-types are afraid, their juices start-a-flowing. And, if said types just happen to make horror movies, well, buckle up, suckers! Horror history has proven the greatest and most influential genre movies sprout up when there is social and political unrest.

Rise of Hitler

During the early days of cinema in Germany, when filmmakers were inventing a sort of style later dubbed "expressionist," they were mirroring their anxieties over the rise of **Adolph Hitler** and his Nazi Party, which he became leader of in 1921. One of the most influential films from this period was F.W. Murnau's nightmarish adaptation of Dracula, 1922's **Nosferatu**, which features the dreaded Count Orlock (Max Shreck) bringing death, misery and rat-spread plague to an unsuspecting people. Whether intentional or not, the vampire exemplifies the coming of evil and how powerless society felt to stop its rise.



MOVIE IMAGES: HANDOUT PHOTOS. ALL OTHERS PHOTOGRAPHS: GETTY IMAGES

Today's anxieties

B-Movie legend Roger Corman has just released the film Death Race 2050, a violent, satirical sequel to his equally outrageous 1975 cult favourite Death Race 2000. Both films depict a blood-hungry, disenfranchised America addicted to a car racing game show that sees its WWE-esque driver/gladiators mowing down the weakest pedestrians for extra points and audience enthusiasm.

"I felt the time was right for another Death Race," 90-year-old Corman said about the film, which features a Donald Trump-esque dictator (played by a comb-over sporting Malcolm McDowell) lording over the country, now called The United Corporations of America. "I am worried about what is happening now, let's put it that way. But I believe in the Constitution. I believe strongly that the values of the American Constitution will prevail."

Since Corman, who has made hundreds of movies over the past 60 years, has seen numerous governments and politicians rise and fall, we are cautiously optimistic he's right.

No matter what happens, many film fans are intrigued to see the inevitable wave of confrontational and reflective horror films to come — like Jordan Peele's race-based shocker Get Out, in which a young black man becomes trapped in a secret white suburb that turns its African American residents into mindless, grinning drones; or the socio-political zombie movie The Girl With All the Gifts, wherein a dying world under siege by a fungal zombie plague uses its infected children as test subjects and worse; and the health-care allegory A Cure For Wellness, in which a sinister high-end spa keeps its patients deathly sick so that they'll never, ever leave. The world may be going mad, but macabre moviemaking is alive and thriving.

Roger Corman

World War II

While Hitler was taking over Europe in the 1930s, many of the key expressionist filmmakers in Germany fled to Hollywood, where they were hired to make the first wave of American horror films. They included cinematographer Karl Fruend who would direct such essential films as 1932's **The Mummy** (the likes of which will see a remake released this year). Though more romantic in nature, the monster movies of the 1930s tapped into the unease of a country that feared that transformation was coming, that the "Frankenstein" monster was a First World War-defeated Germany rising to get revenge.

Post War

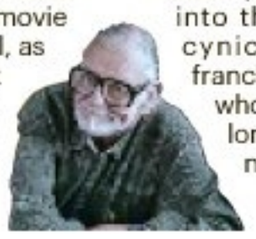
As the Second World War progressed, the supernatural horror film gave birth to the morally ambiguous and wildly cynical films of the "noir" subgenre, in which human monsters were a far more urgent threat on the home front. **When the war ended with a nuclear explosion**, the Japanese gave us **Godzilla** (1954), a long-dormant, city-levelling mutant woken up by the bombing of Hiroshima. America answered with their own brand of radiated beasts, like the giant ants in 1954's Them and an endless spate of apocalyptic horrors that only got more savage as the Cold War raged and fears of impending nuclear holocaust became a palpable reality.

The Red Scare

With the Cold War came **Senator Joseph McCarthy's communist witchhunt** and the terror of losing one's identity. On screens were paranoid "alien invasion" movies like 1956's **Invasion of the Body Snatchers** (with "pod people" dehumanizing average citizens) and later Rod Serling's influential TV series The Twilight Zone, which features such episodes as The Monsters are Due on Maple Street, where a terrified neighbourhood tears itself apart when the lights go out and their machines stop working.

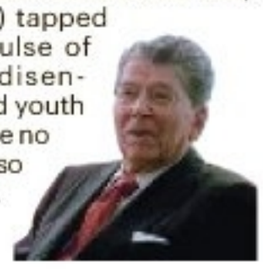
Vietnam War

With the start of the Vietnam War, American families were treated to daily scenes of death and misery in their homes on the six o'clock news. The Civil Rights movement swelled too, with the lid ripped off the seething sheen of racism that lurked everywhere. Horror films answered the reflective mood. **George A. Romero's landmark 1968 horror movie Night of the Living Dead** had an African American hero who is killed at the climax. Though Romero claims the movie was not intentionally political, as he was driving to New York for its premiere, he turned on the radio to learn that Martin Luther King had been assassinated. Intentional or not, art was reflecting life.



'80s and '90s

Despite the ire raised by angry censors and religious groups, the slasher movies of the **Ronald Reagan**-era 1980s (like Friday the 13th and **Nightmare on Elm Street**) were in fact incredibly conservative. In them, young people who transgress and sneer at conservative values are cut to ribbons while only the virginal and virtuous survive. In the 1990s, with George Bush and the Gulf War, Scream (1996) tapped into the pulse of cynical, disenfranchised youth who were no longer so naïve.



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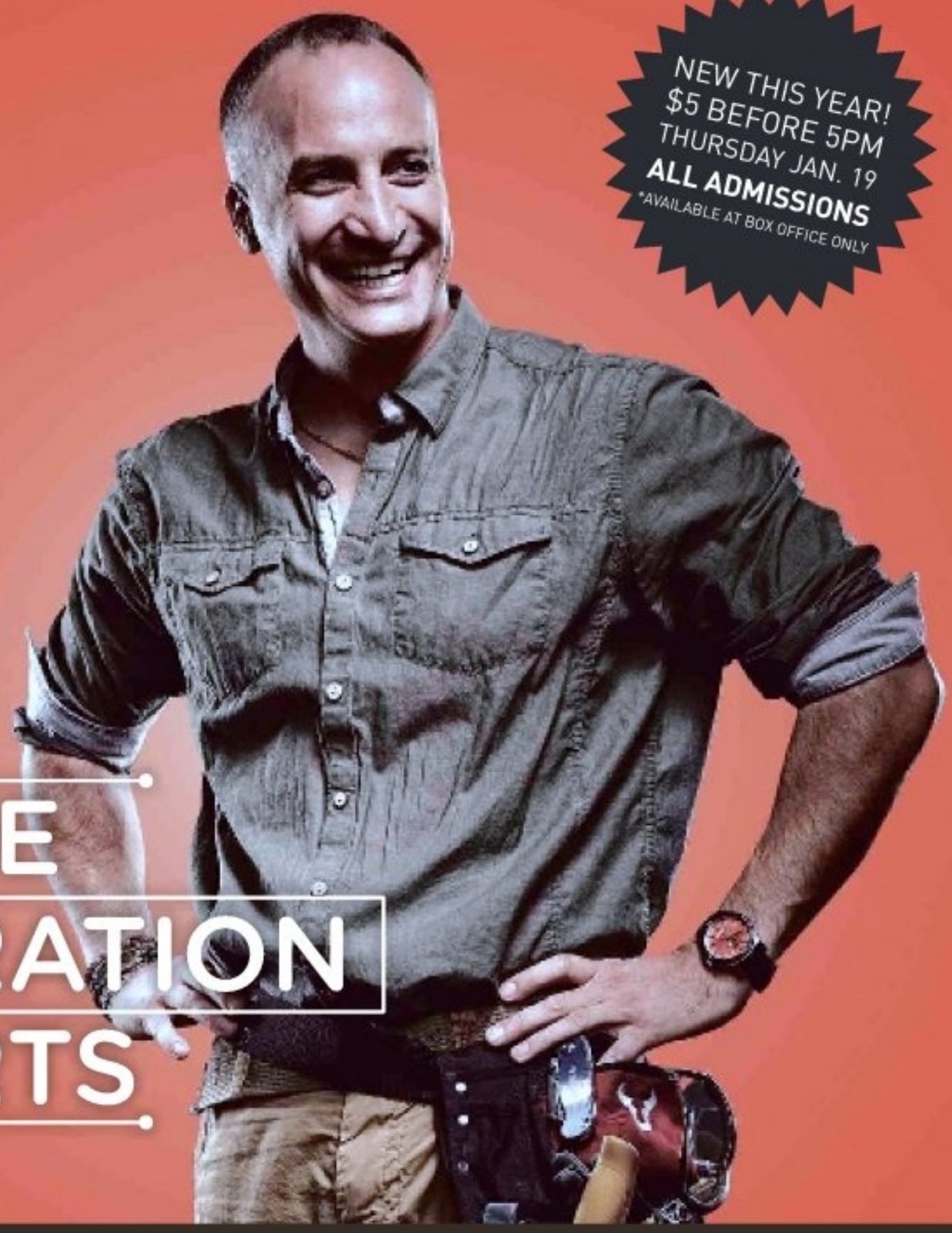

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METRO FOCUS ON ACTIVISM!

Why we're marching

Meet the woman who helped organize the Canadian group heading to Washington metroNEWS
Plus **The most radical solution to despair may be to take democracy seriously metroVIEWS**

Ottawa metro

Your essential daily news | THURSDAY, JANUARY 19, 2017

Another year, another heat record broken
metroNEWS

High 3°C/Low -3°C Cloudy

"Our society is multicultural, and everybody wants to look great."

Carole Signore, manager of a local salon that is now offering a private space for women wearing the hijab to get their hair cut

Police on Pride: Let's not follow Toronto's lead

BLACK LIVES MATTER

Union prez wants officers to be included in parade

Dylan C. Robertson
For Metro | Ottawa

Ottawa's police union is asking the city's Pride organizers not to follow their Toronto counterparts in banning uniformed police from the parade.

In an open letter posted online Tuesday, the Ottawa Police Association said it was "troubled" by news that Pride Toronto officials voted to accept all demands of the city's Black Lives Matter group.

Last July, BLM's Toronto chapter stalled the parade until Pride officials agreed to a list of demands. At a Pride Toronto meeting Tuesday, members voted in favour of the demands, including "removal of police floats/booths in all Pride marches/parades/community spaces."

OPA President Matt Skof told Metro he wanted to avoid a "cross-pollination" in Ottawa.

"It would be a mistake to exclude a section of our society, just based on the colour of the uniform. Because you're not hearing that discussion with any other first-responder," he said.

In his letter Skof said three decades of Pride festivals have helped build inclusion in Ottawa.

"Excluding uniformed police sends the mistaken message to all of our members, and in particular to our LGBTQ members, that they are unwelcome by career choice," he wrote.

Reached Wednesday afternoon, the chair of Ottawa Capital Pride said the letter caught her off-guard.

"We're too far out to make any comment regarding the upcoming season," said Tammy Dopson. "It's unfortunate that he's decided to do an open letter to us, instead of just picking up the phone and calling us," she said, speaking personally.

> **"You're not hearing that discussion with any other first-responder.**
> Matt Skof

The Ottawa festival starts August 21 and ends with the parade August 27.

Last year, Ottawa activists had heated debates in the run-up to the August parade, following the July death of Abdirahman Abdi. The Somali-Canadian man with mental health issues died in a tense police encounter that was partially captured on video. Officials are still investigating whether police are at fault. The Pride parade ultimately included uniformed officers.

metro NEWS

Your essential daily news

Obama's farewell message: 'I think we're going to be OK.' World

Animal safety petition nears 2,000 signatures

ENVIRONMENT

Supporters call for halt or postponement of projects

Adam Kveton
For Metro | Ottawa

A petition is calling for clear-cut work in Kanata to either be postponed or stopped completely, and it's gaining steam.

After four days, the petition is nearing its goal of 2,000 signatures, with 1,600 as of Wednesday afternoon.

Addressed to Mayor Jim Watson, the petition raises concerns over animal safety on the Kanata Lakes North lands, where 75 to 100 hectares of land is being cleared.

The petition claims that "needless injury and death to hibernating animals and other wildlife," will occur because the work is taking place in winter.

Janice Seline who started the petition said she is no expert, but added, "I just don't think it's a good thing to run over animals that are sleeping in the ground or shake them out of their great, big trees."

However, the biologist overseeing the work said that not only is winter the best time for this work to minimize animal impact, it is just about the only time it can legally take place.

"For mammals, any time of year is going to be pretty much equally disruptive," said Andrew McKinley, biologist and co-founder of McKinley Environmental Solutions.

"Now (mammals) are overwintering, and there is that risk, the cold and everything. But if you do it in the summer, the downside is more of them are breeding."

As it stands, the clearing work has to be done between Oct. 16 and April 15. This is to avoid disturbing migratory birds, as well as the Blanding's Turtle, which lives on the land and is listed as a species at risk.

> **For mammals, any time of year is going to be pretty disruptive.**
> Andrew McKinley

The turtles hibernate in wetlands during the winter, so they are not hard to avoid, said McKinley.

There are many more requirements in place to mitigate animal impact, he said, adding that Kanata Lakes North Development Group's practices in this area are "the best that you would see in the region."

Seline, as well as the board chair for the Greenspace Alliance group in the area said they simply don't believe it. Seline suggested the work take place in the fall instead. WITH FILES FROM OTTAWA COMMUNITY NEWS

A large Bur Oak tree, centre, is left standing to allow any hibernating or nesting animals to flee before it's cut down. Tree removal on the KNL lands in the South March Highlands began earlier this month. CONTRIBUTED

Ottawa DIGEST

DOWNTOWN

Feds pledge funding for heating plant repair

The federal government says it's planning another major overhaul of the central heating and cooling plant that serves dozens of downtown Ottawa buildings.

Public Works published a procurement notice Tuesday that says the rehabilitation and partial deconstruction of the Cliff Heating Plant is expected to cost between $1 million and $5 million.

The Cliff distribution system in Ottawa-Gatineau heats some 50 buildings and about 50,000 employees, including those working in prominent buildings such as the U.S. Embassy and those in the Parliamentary precinct.

OTTAWA BUSINESS JOURNAL

HEALTH

Council pushes for smoke-free housing

A local anti-smoking group is taking aim at Ottawa's multi-unit housing to celebrate National Non-Smoking Week.

The Ottawa Council on Smoking or Health released a statement urging "landlords and property managers to implement 100 per cent smoke-free policies for multi-unit housing in Ottawa."

The group states "cigarettes are the number one ignition source in fatal fires in Ontario," citing Ontario Ministry of Community Safety and Correctional Services stats.

The council said it recommends that Ottawa's multi-unit housing go totally smoke free before marijuana is legalized.

ADAM KVETON/FOR METRO

EDUCATION

'Lack of support' has fuelled increase in school violence: Teachers

Ontario's elementary teachers say the "critical lack of support" for children with serious behavioural issues has led to a rise in violent outbursts that puts students and teachers at risk.

And they are calling on the province to address it with more funding for special education and children's mental health.

"Increasingly we are seeing incidents of aggressive, destructive student behaviour in classrooms," Sam Hammond, president of the Elementary Teachers' Federation of Ontario, told a news conference Tuesday.

"Many of these students are suffering and we need to step up to help them."

ETFO planned to meet with ministers of education and labour on Wednesday to highlight how profoundly the shortage of supports across the province is affecting schools.

The problem is regularly the number one issue on the table when union representatives across the province meet and something the federation hears about "every single day," said Hammond.

Too many children as young as 4 or 5 are stuck on long wait lists for the vital early interventions they need — including assessments that would give them access to supports. Even then, those resources are inadequate to meet the growing demand, he said.

Education Minister Mitzie Hunter said Tuesday the government is currently holding consultations to develop a new strategy to ensure the safety and well-being of all students.

It is "a top priority for us," she said.

"We want our education workers and staff, we want our students when they walk into a school, to feel that safety. We want to ensure that they have the resources in place."

But Hammond said the province must deliver on that promise without further delay.

Chronic underfunding has led to boards across the province cutting educational assistants — who can be key to the success of special needs students — as they struggle to balance their budgets.

The federation also wants a co-ordinated system that would provide quicker access to children's mental health services in the community and schools.

"We know that students who have timely access to effective supports do better in school," said Janet Bigham, president of the ETFO Simcoe County teacher local. TORSTAR NEWS SERVICE

Busloads of women head for Trump protest march

METRO FOCUS ON ACTIVISM!

Incredible response, local organizer says

Ryan Tumilty
Metro | Ottawa

A crammed bus from Ottawa will join ones leaving from Montreal, Toronto and Windsor Friday heading to protest Donald Trump and stand with women around the world.

Business owner Marissa McTasney helped organize the Canadian contingent headed to the Women's March on Washington that could see 200,000 people marching in opposition to Trump on Saturday, a day after he is officially sworn in as president.

She said the election results were devastating to her and she wanted to take the opportunity to stand in opposition.

"When I saw the opportunity to march on Washington for equality, diversity and inclusion I was very excited and on board with it," she said.

Marissa McTasney helped organize the Canadian group going to Saturday's march on Washington. CONTRIBUTED

McTasney said the response has been incredible from woman who felt the same way.

"We have about 600 people coming to Washington and sleeping on buses for two nights. That's how important this is," she said.

She said there are eight busses in total going with five from Toronto and one each from Montreal, Ottawa and Windsor headed down.

> **If we had more time I bet we would have 50 buses, but we had to stop.**
> Marissa McTasney

"All buses are sold out and there are 54 people per bus," said McTasney. "If we had more time I bet we would have 50 buses, but we had to stop it because we're two days away."

McTasney said her personal motivation for travelling to the march is the president's disparaging comments about women and his attitude toward sexual assault.

She said sex assault is already far too common.

"If the president who has the highest seat in the world is able to say you can grab and touch a women whenever you feel like that I am very afraid that will increase."

METRO ASKED: Why are you marching?

With thousands of women expected in Washington on Saturday we spoke with two women from Ottawa who plan to lend their voices to the protest against President Donald Trump.

RYAN TUMILTY METRO

Rehana Hashmi

CONTRIBUTED

A Pakistani human right advocate living in Ottawa, Hashmi said she will be marching with her American sisters to show solidarity.

"If he is going to insult one woman he is going to insult all women in the world. We are connected to each other."

She said Trump makes derogatory comments about a wide swath of people and it is time to stand together in opposition.

She said women in the west frequently have shown their support for women in developing countries and it's only right they return the favour.

"I feel like this is the time if I keep myself silent this is not going to serve any purpose in my life."

Rachel Eugster

CONTRIBUTED

"As soon as I heard there would be a march I wanted to go. Donald Trump is not fit to be president and I think he is appealing to the worst in people," said the dual Canadian-American citizen.

Eugster said despite losing the popular vote Trump will be president, so this is a way to speak for those who won't be heard.

"We weren't able to speak with our votes despite the fact Hilary Clinton won the popular votes with almost three million more votes than he had, so we are going to have to speak with our feet," she said. "I have family and friends converging on Washington from all over the U.S."

DEVELOPMENT

Student building proposed

A student residence developer is proposing a 12-storey, 172-unit tower a kilometre north of Carleton University, near the intersection of Bronson and Carling avenues.

If approved, it would be the latest in a growing line of student housing projects constructed by private developers, who analysts say stand to make more money on student residences than traditional apartments.

Textbook Suites, based in Concord, Ont., is asking the city for several bylaw amendments surrounding height and parking spaces to get approval for its plans on Bronson Avenue.

The proposed building would be constructed on a vacant lot slightly less than an acre in size and have additional frontage on to Cambridge Street South. The building would contain a mix of one-, two- and three-bedroom rental apartment units as well as retail space at ground level.

With the student market in mind, the property is also one kilometre north of Carleton University and an approximately 20 minute bus ride to the University of Ottawa's downtown campus.

Under a previous owner, development plans for the Bronson property were approved for a 12-storey tower alongside a six-storey condominium. Textbook Suites plans for just the tower, and will apply to expand the previously-permitted 12-storey height to expand to the west and south of the building.

The other major area Textbook is seeking an amendment is in parking. The current minimum allowance for parking spaces is one for every two residential units, which Textbook would like to see reduced.

CRAIG LORD/OTTAWA BUSINESS JOURNAL

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think well
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Featured Speakers
1:00 pm
Dr. Dan Pompa
Co-Founder of True Cellular Detox™ and Host of Cellular Healing TV
Are You Toxic? Real Solutions to Be Well and Stay Well
11:00 am
Jimmy Moore
Best Selling Author The Ketogenic Cookbook, Keto Clarity
Keto And Fasting: Could These Be The Secrets To Optimal Health?
For more info. visit www.OttawaHealthandWellnessExpo.com

NATURE

Coyote warning signs won't be installed, despite attack on dog

Erin McCracken
Ottawa Community News

The National Capital Commission will not install coyote-warning signs at entrances to McCarthy Woods following its investigation into a fatal coyote attack on a pet dog there last fall.

The review was launched following a report that three coyotes targeted a small dog at the forested site in the Hunt Club community on Oct. 25, 2016, but the results do not support "a natural, compelling need" to place warning signs at the federally owned property, said Jean Wolff, NCC spokesperson.

It was around 7:30 a.m. when Hunt Club resident Audrey McAndrew took her dogs out for their usual 45-minute morning walk in the McCarthy Woods near her Coadie Co-op housing complex.

As the trio walked along a trail, the dogs went up ahead. When McAndrew rounded a bend, she was met by Fox, her two-year-old border collie. But her little 10-year-old dog Tinker Bell, or Tinkie, whom she had had for five years, wasn't there.

"I screamed her name twice and she came running out, crying twice, with three coyotes behind her," said McAndrew, who scooped up Tinkie and walked down the trail.

A trip to the veterinarian revealed Tinkie had suffered more than 20 puncture wounds. The damage was so bad the decision was made to euthanize Tinkie. In the wake of the loss of her pet and the trauma of the attack, McAndrew has been working to ensure a similar incident does not happen again.

She canvassed neighbours and local dog walkers to raise awareness, and collected 126 signatures to petition the NCC to install coyote warning signs. In addition to contacting her area politicians at all levels and the commission, McAndrew is encouraging people to contact Ottawa South MP David McGuinty and the NCC to advocate for public notices.

"It's not asking a lot," she said. "They're going to wait for something tragic and then they'll do something."

Hunt Club resident Audrey McAndrew stands with her dog Fox near an entrance to McCarthy Woods, where she says her other dog Tinker Bell was fatally attacked by three coyotes. ERIN MCCRACKEN/OTTAWA COMMUNITY NEWS

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- Support and assistance provided by a Valoris employee.

For more information, please call 1 800 675.6168.

New Swears play Megaphono Feb. 2 at Barrymore's. PHOTO COURTESY MEGAPHONO

Megaphono picks as chosen by Metro

BACKSTAGE PASS

Let this festival soothe your soul or turn your night wild

Trevor Greenway
Metro | Ottawa

It's no secret that Ottawa has some serious talent when it comes to Music.

If you don't believe me, all you need to do is check out this year's Megaphono Music Showcase Festival and Conference that will see 50 local bands play in various venues while trying to impress big city music gurus bobbing at the back of the room.

That's the whole idea behind Megaphono: bring the world's top music industry peeps to our fine city and show them our chops.

There will be scores of shows in many venues across the city. Here's Metro's top-five picks for Megaphono, which starts Feb. 1.

New Swears
Feb. 2, 8 p.m.
Barrymore's
$15-20
Get ready to get crazy, because whenever New Swears is at the helm, mayhem ensues. Ottawa's favourite party band are extremely talented at garage punk shenanigans. You'll never know if they'll show up in diapers, push each other around in a shopping cart on stage, or fling pizza at their equally insane crowd. But one thing you can be sure of is that the music will be great. They're joined by Montreal psych garage rockers I.D.A.L.G and "small town lesbians" Josée Caron and Lucy Niles of Partner.

Michael John Dubue's Chamber Feast
Feb. 3, 7:30 p.m.
St. Alban's Church
$15-20
Join one of Ottawa's most esteemed composers, arrangers, musicians, producers and sound technicians Mike Dubue as he packs the St. Alban's church with enough sonic cider to send those solid bricks crumbling to the ground. Pemi Paull, Thomas Ann and Warhol Dervish's string quartet, Richard Reed Parry's Quartet For Heart & Breath, as well as Montreal's Josh "Socalled" Dolgin will all join Dubue. The players will be performing the music of György Ligeti, Arvo Pärt, Richard Reed Parry, Bryce Dessner, as well as the premiere of Dubue's new string quartet works. This is a show not to be missed and in that venue it will sound divine.

Her Harbour
Feb. 3, 8 p.m.
Gallery Recording Studio
$12
Gabrielle Giguere's dream folk project Her Harbour will do just that, leave you in a dream state for days. Her tightly woven songwriting delves deep into human themes we can all relate to. Toss in Ottawa favourites Amanda Lowe and Claude Munson and this night becomes a songwriting showcase of the region's finest. This one's good for the soul.

Bry Webb
Feb. 2, 7:30 p.m.
St. Alban's Church
$15-20
There aren't too many front men who know the stage better than Bry Webb. Most known for his work behind the mike with The Constantines, Webb's solo venture is an eerie drive through minimal mountains. He says so much in his music, but does it so subtly, which is the real brilliance. Webb will be flanked by Ottawa psych pop collective Pony Girl and Trails.

Scattered Clouds w/ Dark Plains and Boyhood
Feb. 2, 8 p.m.
Zaphod's
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Since dropping their first full length album last year, Hull's experimental post-apocalyptic rock trio has been taking listeners through film noir soundscapes with their sonic weapons. The band's dark sound is balanced by "unsteady euphoria and romanticism." Scattered Clouds plays alongside Boyhood and Dark Plains.

Carole Signore's salon prides itself on its welcoming ways.
DYLAN C. ROBERTSON / METRO

Salon shows respect for the veiled

INCLUSION

Magicuts on Ogilvie offers privacy for Muslim women

Dylan C. Robertson
For Metro | Ottawa

An Ottawa hair salon is lifting the veil on difficulties Muslim women face in taking care of their hair.

Last month, the Magicuts on Ogilvie Road opened with a private room meant for Muslim women who wear a veil, such as the hijab.

"Our society is multicultural," says manager Carole Signore. "And everybody wants to look great."

In 2015, Signore was working at another salon, where a colleague from Lebanon suggested creating a private room. They converted one of two bathrooms into a single-chair barber room, converting the bathroom sink into a hair-wash station.

The manager of the new Ogilvie Road shop had it built with a separate room, allowing two chairs and a washing sink, for total privacy.

The shop's storefront has an Arabic decal, reading: "We have a special section for the veiled."

In its first few weeks, Signore's shop has drawn veiled customers from as far as Kanata and Hunt Club.

"They're no different than anyone else: kind, friendly," she said. "And they have really beautiful hair, maybe because it's not exposed and drying out."

A Supercuts salon in Barrhaven plans to open in March with a separate room, too. Both chains join smaller "hijabi-friendly" salons across Ottawa, like Curly Hair Designs in Greenbank and L'essence in the St. Laurent Shopping Centre, according to the Muslim Link directory.

Amira Elghawaby, spokeswoman for the National Council of Canadian Muslims, says women wear the hijab for a variety of reasons, from a sense of obligation to a sign of devotion or modesty. They remove the veil at home, and in women-only situations.

She says the trend is a positive step towards inclusion. "It makes sense; if you have a diverse community you are going to want to attract a diverse clientele."

When Elghawaby, who wears the hijab, gets her hair cut at Claudette's Coiffure and Boutique in Lincoln Fields, the owner puts up a divider at the front windows; inside, most clients are women.

"There's a whole business community in Ottawa of women serving other Muslim women form their basements," Elghawaby said, hoping this trend might eventually integrate some of at-home hairdressers into salons across the city.

POLICE

Two men sought after store robberies

Ottawa police are searching for two men after what they say was a five-day robbery spree.

During the second week of this month, convenience stores from Carlington to Gloucester were shaken down for cash and smokes.

The city's robbery unit has linked two suspects to four robberies.

The first incident took place Jan. 9 at 1:45 a.m. in the 1000 block of Merivale Road.

The next morning, at 4:55 a.m., a store was struck in the 2000 block of Montreal Road.

A day of silence was followed by another robbery, Jan. 12 at 1:10 am, in the 1000 block of Pleasant Park Road.

The next day, at 6:10 a.m. a robbery was reported back at the first crime scene, the 1000 block of Merivale Road.

"On each occasion, a demand was made for cash and/or cigarettes by the same suspect," police said.

Sometimes, a second suspect showed up and stayed by the door of the store to keep watch.

No injuries were reported, but a knife was used once, and a bottle was brandished another time.

Police are seeking two men of medium height.

One is described as black, in his early 20s, with a thin-medium build.

The other, in his 30s, was described as having a dark complexion and a larger build.

Police are requesting that anyone with information to phone them at 613-236-1222, ext. 5116, or call Crime Stoppers anonymously at 1-800-222-8477 (TIPS).

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Why Canada is sending immigrants back home

LAW

Permanent residency revoked over non-compliance

An average of about 1,400 Canadian immigrants are intercepted at the border each year and ordered removed from the country for not fulfilling their residency obligations, Torstar has learned.

Although these newcomers can appeal to a tribunal to restore their permanent resident status, only one in 10 succeeds, according to government data.

"The tribunal is supposed to be immigrants' last resort as the Parliament has given it the discretionary power to give immigrants a second chance if they breach the law," said immigration lawyer Lawrence Wong, who obtained the data through an access to information request.

"But that second chance in reality is hard to come by. The national sentiment is pretty much the same. If you are an immigrant, don't make a mistake. If you do, we want to see you kicked out."

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period. COURTESY GOVERNMENT OF CANADA

1,423

Average number of Canadian immigrants who are intercepted at the border each year and ordered removed from the country for residency non-compliance.

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period in order to maintain their status. Otherwise, their residency will be revoked.

According to the Canada Border Services Agency, on average 1,423 permanent residents a year were stopped at the border for failing the requirement from 2010 to 2014, the most recent statistics available. During the period, Canada accepted some 260,000 newcomers annually.

The number of removal orders issued against these individuals had risen sharply to 1,413 in 2014 from 605 in 2008, when former Conservative Immigration Minister Jason Kenney cracked down on fraud.

Across Canada, Quebec had the highest detection rate; more than a third of the removal orders were issued in the province.

Between 2008 and 2014, a total of 3,575 immigrants were slapped with removal orders for residency non-compliance at Pierre Elliot Trudeau airport in Montreal, dwarfing the 439 and 972 people respectively intercepted at Toronto's Pearson airport and the Vancouver International Airport.

The numbers do not include those who had their permanent residency revoked due to criminality and misrepresentation, who were refused travel documents to return or who voluntarily relinquished their permanent residence. TORSTAR NEWS SERVICE

INDIGENOUS AFFAIRS

Boyden appearance cancelled in Edmonton

Jeremy Simes
Metro | Edmonton

A scheduled appearance by Joseph Boyden in Edmonton, Alta. has been cancelled after hearing concerns from local indigenous elders about the author.

Boyden, who was scheduled to present at the city-sponsored Winter Cities Shake-Up conference in February, came under fire in December after an investigation by the Aboriginal Peoples Television Network (APTN) questioned his claims of indigenous ancestry.

The Winter Cities Shake-Up will showcase Edmonton's winter-city strategies. Boyden, who was to share stories of winter, was scheduled prior to APTN's investigation.

But Boyden will nonetheless be coming to Edmonton. The author is scheduled to speak at an Edmonton Public Library event on April 27.

Tina Thomas, the library's executive director of strategy and innovation, said officials discussed whether to cancel, but quickly decided Boyden will still speak.

Mayors gather to face fentanyl crisis head-on

Stephanie Taylor
Metro | Winnipeg

Canada's big-city mayors will gather in Ottawa this week to tackle the growing fentanyl crisis.

Mainstreet/Postmedia released a poll that surveyed 6,103 Canadians in ten cities about whether they would approve the opening of a supervised injection site.

The majority of respondents in seven of the ten cities said they would approve of such sites, while those surveyed in Regina and Saskatoon said they would not.

Calgary was the only city to tie, with 41 per cent for each the 'approve' and 'disapprove' category, while 19 per cent of other respondents were unsure.

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GLOBAL WARMING

Earth keeps on sizzling

Earth heated up to a third-straight record hot year in 2016, with scientists mostly blaming man-made global warming with help from a natural El Nino that's now gone.

Two U.S. agencies and international weather groups reported Wednesday that last year was the warmest on record. They measure global temperatures in slightly different ways, and came up with a range of increases, from minuscule to what top American climate scientists described as substantial.

They're "all singing the same song even if they are hitting different notes along the way. The pattern is very clear," said Deke Arndt of the National Oceanic and Atmospheric Administration.

NOAA calculated that the average global temperature for 2016 was 58.69 degrees (14.84 degrees Celsius) — beating the previous year by 0.07 degrees (0.04 Celsius).

NASA's figures , which include more of the Arctic, are higher at 0.22 degrees (0.12 Celsius) warmer than 2015. The Arctic "was enormously warm, like totally off the charts compared to everything else," said Gavin Schmidt, director of NASA's Goddard Institute of Space Studies.

The British meteorological office determined that 2016 beat 2015 by 0.018 degrees (0.01 Celsius). The World Meteorological Organization and other groups agreed that 2016 was a record, with the international weather agency chief Petteri Taalas saying "temperatures only tell part of the story" of extreme warming.

The figures are based on ground-level temperatures. Satellite calculations also showed that it was the warmest year, Schmidt said. Temperature records go back to 1880. This is the fifth time in a dozen years that the globe has set a new annual heat record. Records have been set in 2016, 2015, 2014, 2010 and 2005. THE ASSOCIATED PRESS

Inaugural address needs to be a rallying cry for unity

GOVERNMENT

Experts say speech should be 'inherently inspirational'

Tradition suggests it's time for Donald Trump to set aside the say-anything speaking style and rise to the inaugural moment.

But bucking tradition, or ignoring it altogether, is what got Donald Trump to his inaugural moment.

When Trump stands on the west front of the Capitol on Friday and delivers his inaugural address, all sides will be waiting to see whether he comes bearing a unifying message for a divided nation or decides to play up his persona as a disrupter of the established order.

How Trump tends to that balancing act, in both style and content, will be a telling launch for his presidency.

"The inaugural is an address that is meant for the ages," said Kathleen Hall Jamieson, a communications professor and director of the Annenberg Public Policy Center at the University of Pennsylvania. "In particular, it's important when you've had a divisive election. You need to become president of all of the people."

Trump seems to get that. He's spoken admiringly in recent weeks about the speeches of past presidents Ronald Reagan and John F. Kennedy, and is said to be deeply involved in preparing his address.

> It's important when you've had a divisive election. You need to become president of all of the people. Kathleen Hall Jamieson

Trump told Fox on Tuesday that he'll start his address with words of thanks to "everybody," including President Barack Obama and his wife, Michelle, for being "so gracious."

The president-elect showed he can deliver a straight-forward, prepared address at the Republican convention, where he largely stuck to a script and shut down anti-Hillary Clinton chants of "lock her up."

But that address was strikingly dark in tone, sketching a portrait of an America in crisis, and he later embraced that chant from supporters at his freewheeling campaign rallies.

The inaugural address, by contrast, needs to be "an inherently aspirational speech," said Michael Gerson, who wrote speeches for President George W. Bush and is a frequent Trump critic. "It has to be about the future and about your vision."

Veteran speechwriters have plenty of other advice for Trump and his chief wordsmith, Stephen Miller.

Keep it short. Don't overdo the gravitas. Don't gloat, the victory tour is over. No deviations from script. Oh, and don't undo a successful inaugural address with an intemperate tweet — or two or three — a few hours later.

While Trump used his victory speech on Election Night to sound a call to "come together as one united people," his tweets since then have featured name calling, score settling and petulance. THE ASSOCIATED PRESS

MUSEUMS

SNAPSHOTS OF HISTORY

Museum Selfie Day came and went on Wednesday, as prominent museums worldwide encouraged attendees to snap shots of themselves with artefacts. Here's a few selfies seen around the world.

1 **Greenville, USA** — Greenville County Museum of Art

2 **Torino, Italy** — Museo Accorsi-Ometto

3 **Toronto, Canada** — Royal Ontario Museum

METRO VIA TWITTER.COM

U.S.

George H.W. Bush and wife hospitalized

Former President George H.W. Bush was admitted to the intensive care unit of a Houston hospital with pneumonia, and his wife, Barbara, was hospitalized as a precaution after suffering fatigue and coughing. The 92-year-old former president, who had been hospitalized since Saturday, underwent a procedure, family spokesman Jim McGrath said. THE ASSOCIATED PRESS

WASHINGTON

Obama's parting message with hope for the future

"We're going to be OK."

In the final minutes of his final presidential news conference, Barack Obama insisted he's not just tossing out reassuring platitudes about the nation's future.

It's what he really believes.

"This is not just a matter of no-drama Obama," he said. "It is true that behind closed doors I curse more than I do publicly. And sometimes I get mad and frustrated like everybody else does. But at my core, I think we're going to be OK."

It is what he chose as the parting message for what is most likely his last extended remarks as president.

Processing the November election results in an intensely personal frame, Obama spoke at length about how his daughters, Sasha and Malia, felt about Donald Trump's election.

"They don't mope," he said — a noteworthy comment to come from any parent of teenage girls.

He said they were disappointed, but also resilient.

President Barack Obama held a final press conference Wednesday. THE ASSOCIATED PRESS

"We've tried to teach them hope," Obama said. "The only thing that is the end of the world is the end of the world."

This, then, is not the end of the world.

"You get knocked down, you get up, you brush yourself off and you get back to work," he said. "That tended to be their attitude."

That said, the outgoing president allowed, neither of his daughters is interested in going into politics.

In that, he added with a grin, "I think their mother's influence shows."

He cast his daughters as emblematic of the rising generation, and of the promise of America's future.

Yes, democracy is messy, he said, but there are more good people than bad and things will turn out just fine.

"We just have to fight for it. We have to work for it and we have to not take it for granted."

Obama out.

THE ASSOCIATED PRESS

Help where it's needed most

INDIGENOUS ISSUES

Strategy aims to support those who are tough to employ

Damon Johnston admits his organization made a number of mistakes when it launched Mother Earth Recycling, a Winnipeg-based social enterprise that aims to help tough-to-employ indigenous peoples.

He hopes that others don't make the same errors and thinks a federal initiative might help deliver more than business acumen to indigenous organizations looking to tap into a new and growing method of funding social programs.

Internal documents show the government wants to create a social finance strategy specifically for indigenous peoples. Johnston said that strategy would have to focus on helping startups acquire the business knowledge needed to run a company and address wider concerns around raising capital.

Aboriginal Council of Winnipeg President Damon Johnston thinks a federal initiative might help indigenous organizations looking for a new way of funding social programs. LYLE STAFFORD/FOR METRO

Johnston said the barriers to expansion of the number of aboriginal social enterprises are higher because of indigenous peoples' historic lack of participation in the economy, making the potential benefits of a targeted social finance strategy that much greater.

"Social financing and social enterprise and co-op development — all of those things — what they mean to us or represent to us is a better way to work with us as indigenous peoples," said Johnston, president of the Aboriginal Council of Winnipeg, which owns Mother Earth Recycling.

"There's more of a sharing of the wealth created in those types of ventures, so that's why it's attractive. It's also more in line with our historic values, the way we like to do things."

Mother Earth Recycling is an example of how a social enterprise can help urban indigenous Canadians.

Launched in 2012, the company employs about 10 First Nations people, who Johnston said could be described as hard to employ: they may have criminal records, disabilities, mental health issues, little or no work experience.

Mother Earth began recycling electronics and last year expanded to offer low-cost mattress recycling through a partnership with furniture retailer Ikea — along with help from the Manitoba government and City of Winnipeg.

Social financing can take on a number of forms, but is designed to connect private investors with an organization to deliver a social program. Federal funding flows only if the program meets a set of measurable benchmarks, such as the number of people employed or improvements in essential skills.

The approach shifts the financial risk to investors from taxpayers and can open the door to more innovative ways of delivering social services.

THE CANADIAN PRESS

ECONOMY

Trump effect warning

The Bank of Canada is warning there will be "material consequences" for the economy if protectionist policies under U.S. president-elect Donald Trump come to fruition.

The central bank released its latest monetary policy report on Wednesday, offering its first updated forecasts and broad economic assessment since the November election victory by Trump, who will be sworn in Friday.

It also held its benchmark interest rate at 0.5 per cent, as expected, though central bank governor Stephen Poloz later told a news conference later that a rate cut "remains on the table."

The quarterly document was published amid bleak warnings from experts about the potential fallout for Canada from Trump's promised policies. Leaders around the world have been scrambling to gauge what shape Trump's changes could take as well as when - and if - they will be implemented.

THE CANADIAN PRESS

TRADE

U.S. challenges wine sales in B.C.

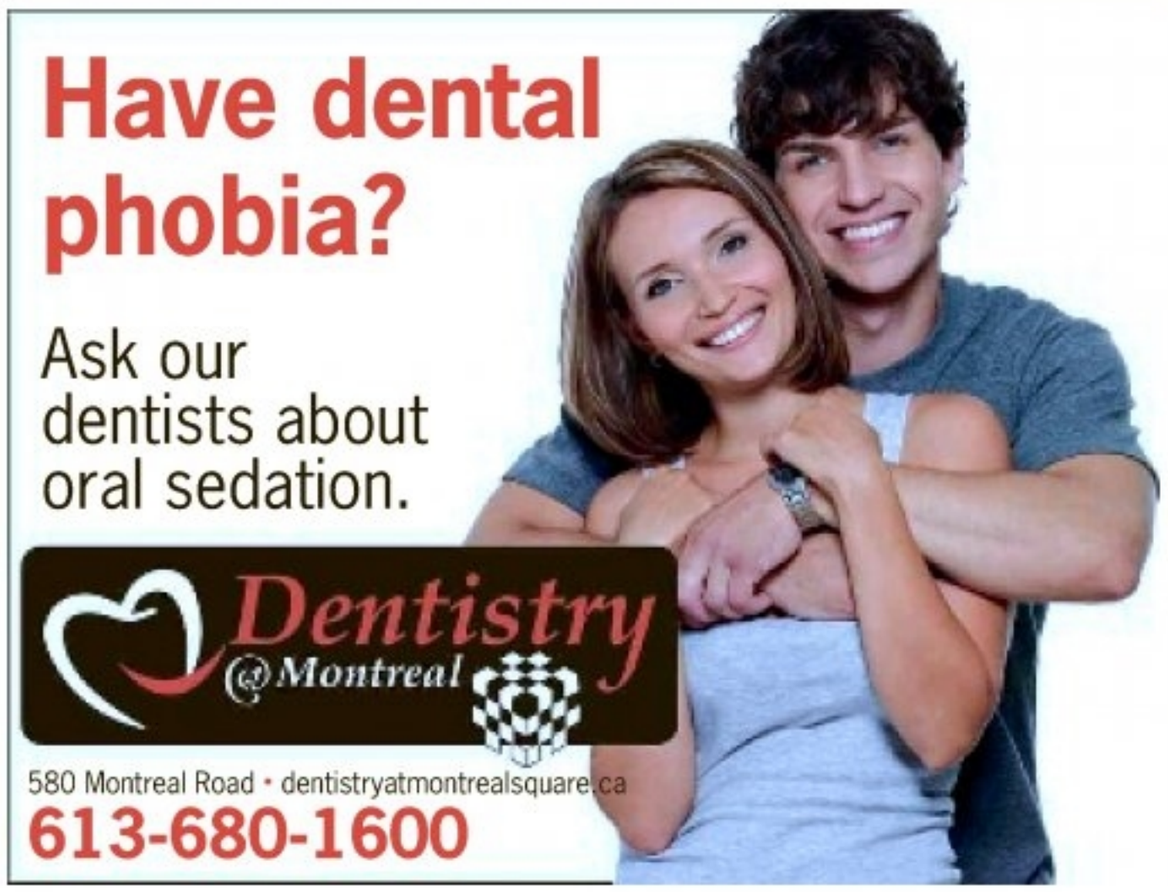
The sale of B.C. wines in some of the province's grocery stores is being challenged by the United States government as a breach of Canada's commitments to the World Trade Organization.

The American government says the decision to allow only B.C. wines to be sold in grocery stores is damaging to U.S. wine makers.

U.S. Trade Representative Michael Froman says the province's regulations provide a substantial competitive advantage for B.C. wines.

"American winemakers produce some of the highest-quality, most popular wines in the world. When U.S. wine producers have a fair shot at competing on a level playing field, they can compete and win in markets around the globe," Froman said in a release.

THE CANADIAN PRESS



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LUKE SAVAGE ON CHANNELLING DESPAIR

When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If there was a dominant emotion among my friends, family, acquaintances, and coworkers on the morning of November 9th, 2016, it was most definitely despair.

The surprising victory of Donald Trump — which defied the predictions of all the supposed experts, pollsters, and political professionals — felt like a sudden kick to the solar plexus right before a desperately needed gasp of air. It wasn't our country, of course, but even the most disinterested among us immediately knew politics was soon going to feel a lot more present in our daily lives whether we liked it or not.

Cynicism about politics is as common as white bread. But cynicism is by its very nature a passive thing. Despair can be visceral and even painful. That the sheer ugliness of a figure like Donald Trump could prevail in an election to lead the world's most powerful country has evinced something more potent than cynicism, even among people usually uninterested by politics. The same questions have seemed to be on everyone's minds ever since: How do we respond? What can we do? What can I do?

When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If this sounds like a simple cliché or truism, consider how much we've seen democracy decline — here in Canada, in America and around the world — over the past few decades.

More and more, our politicians have preferred to speak like managers rather than leaders, demoting themselves to ever more passive roles, and preferring to tinker and administer rather than take up the hard work of building a better society. They've brought in PR consultants to write their scripts, let pollsters and focus groups — rather than good arguments or values — dominate their decision-making, and turned public engagement into a marketing exercise. Election campaigns have increasingly become expensive set-pieces that offer people an ever narrower range of choices, albeit wrapped in shinier and shinier packaging.

As this process has unfolded whole communities have been transformed, as if by some invisible hand. In former industrial hubs like Ontario and Michigan, towns founded on making and building things shed jobs and wealth almost overnight. City cores are fast becoming too expensive for their own workforces to actually live in and badly paid retail and service work is increasingly taking the place of the factories and workshops that once were.

In the midst of the jarring political, social and cultural changes of recent decades — virtually all of them accompanied by encouraging slogans about economic growth and new technology — very few among us have developed a greater sense of being able to control or shape our own lives. The democratic idea that politics has any collective moral purpose, let alone the notion it can be used by regular people to influence the courses of their own lives, has been steadily and catastrophically eroded.

All this breeds a cynicism that can easily fester into despair. In at least one sense, then, Trump's election didn't produce the despair that followed in its wake so much as force it out into the open.

But amidst such despair, there can be signs of hope.

My own sense of resignation and dread in the days and weeks following Trump's victory slowly gave way to a cautious feeling of optimism. And it wasn't the comforting (and in retrospect, naive) optimism my younger self had felt exactly eight years earlier after the last transformative U.S. election. Instead, it was the feeling that people's collective shock and outrage, coupled with a sense that many things badly need to change, might actually reinvigorate democracy.

It's easy to forget that politics don't begin and end when we vote in an election every few years. They're around us every day in our cities, workplaces, neighbourhoods, communities and social movements — conducted not by political professionals but by regular people, often strangers, forming ad hoc coalitions and campaigning for progress and change, large and small.

This process, more than anything else, is what feeds democracy and compels political elites, willingly or otherwise, to take it seriously.

It's the only thing that ever has.

Hundreds of Berliners climb on top of the wall at Brandenburg on Nov. 11, 1989. When people unite to fight for freedom and democracy, political despair can eventually give way to jubilation. It has happened before. THE ASSOCIATED PRESS FILE

Luke Savage is a Toronto-based writer whose work has appeared in Maisonneuve, Jacobin and on CBC radio. He works at the Broadbent Institute. On Twitter: @lukewsavage

ACTIVIST WISDOM It's fundamental!

"Some of the most profound understandings about our world emerge from ordinary people coming together and organizing for change. Collective forms of activism and organizing can be incubators for ideas and alternative visions that question the status quo, lead us to better understand the root causes of problems and also help us to think through, the possibilities and ways to make change."

Prof. Aziz Choudry, author of Learning Activism: The Intellectual Life of Contemporary Social Movements

VICKY MOCHAMA

How to keep the fires burning?

The most notable thing about John Lewis isn't that he used to work with Martin Luther King or that he has recently become the president-elect's favourite new punching bag.

It's that he's still protesting.

In June last year, Lewis led Democrats in a 25-hour sit-in on the floor of the House of Representatives over a gun-control bill. Fifty-two years after Lewis and hundreds of others were violently attacked by police while crossing the Edmund Pettus Bridge in Selma, he is still getting into what he calls "good trouble."

Sustaining that kind of activist passion for half a century isn't easy. If the work of campaigning for change wasn't hard enough, activists then struggle with compassion fatigue, poverty and mental health.

At a certain point, the work becomes all-consuming — and not in the best ways. In the book "What's the Point of Revolution if We Can't Dance?" dozens of activists speak candidly about their challenges.

Says one: "Who tells us when it's too much? Where to go after, and beyond activism …when our identity is so tied up with being an activist? And where is the space to go? To go home?"

Burnout can push people away. Friends of mine who started their careers in the charitable and activist sectors ended up quitting. Not because they didn't love the work or want to change the world; they simply could no longer bear it.

Of course there are structural fixes to be made. Workplaces can modify their structures and policies. Donors and governments can develop more predictable funding cycles (money, and the lack of it,is an ever-present stress).

Many of the movements that have caught our attention in the last few years were not driven by professional activists. The women of Idle No More, the black queer youth of Black Lives Matter, the citizens of the Standing Rock Sioux — they had taken time from their paying jobs and put in energy outside of work hours.

But after the public spotlight, it is these campaigners who will be left with the social, financial and emotional scars of their moment. Maintaining any gains and preventing losses will require self-care.

For those who demand radical change, self-care is a radical act. It is recognizing that political wins can have personal losses.

It takes an incredible amount of courage to speak up and speak out. It takes even more to know when to step back from the microphone.

This is the kind of self-love and resiliency that has kept John Lewis on the frontlines of protest.

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metro LIFE

12%

Almost 12 per cent of kids and youth with ADHD were prescribed antipsychotics despite having no other mental health diagnosis, finds a new Ontario study.

Your essential daily news

Thursday, January 19, 2017

A cartoonish life that was too real

ASYLUM
BLOOMINGDALE
THE DIAGNOSIS WAS ALCOHOLISM AND NEURASTHENIA, AN FASHIONABLE DIAGNOSIS FOR DEPRESSION AND DEPRESSION ALSO CALLED "AMERICANITIS"
SEABROOK WAS RETURNING TO HIS HOMELAND JUST AS IT WAS ENTERING ITS OWN GREAT DEPRESSION.
YOU KNOW HENRY? THEY REPEALED PROHIBITION TODAY.
HA! I'M LOCKED IN A DRUNK TANK TIL THE DAY THEY MAKE BOOZE LEGAL AGAIN!

INTERVIEW

The bestseller who dabbled in bondage and cannibalism

Sue Carter
For Metro Canada

Cartoonist Joe Ollmann first discovered William Seabrook's biography in a zombie anthology 11 years ago, and was instantly taken. Seabrook — the American who is credited with introducing the word "zombie" into contemporary culture with his 1929 bestselling book The Magic Island — was a he-man adventurer who travelled with the Bedouin.

He also hung out with various intellectuals and artists of the era, including Gertrude Stein, Man Ray and Aldous Huxley.

But the more Ollmann dug into the details of Seabrook's life, the more salacious the details got. He discovered an unrepentant alcoholic with an equally unrepentant and sadistic penchant for bondage. Oh, and he once tried cannibalism.

"It's not the aberrations that interest me so much as it is his honesty in writing about them," says Ollmann, who is from Hamilton, Ont. "In a very repressed time during the '30s and '40s, this guy's writing openly about bondage and cannibalism for major publishers and places like Ladies Home Journal. People hide their weirdness and he never did."

For five years, Ollmann read everything about and by Seabrook he could get his hands on, including his first book, Adventures in Arabia, about his time living in the Middle East, and Asylum, which chronicles Seabrook's voluntary stay in a mental hospital for alcoholism.

"He had this crazy fascinating life but no one knows about him," says Ollmann, who then spent another five years dedicated to researching the writer's life for his new graphic novel, The Abominable Mr. Seabrook.

While gathering background information, Ollmann travelled to the University of Oregon, which houses the archives of Seabrook's second wife, novelist Marjorie Worthington.

In her writings and letters, Ollmann discovered a harsher side of the man, which doesn't appear in his own books.

"He tells his stories very blithely, and puts it in these very humourous terms," Ollmann says.

"Her perspective is much darker. I didn't want to portray him as all bad, but there is a lot of bad to be said. It is hard to live with a person who is an alcoholic. He never showed it but other people did, so it was only fair for me to show it, too."

One of the inadvertent effects of working on The Abominable Mr. Seabrook was that Ollmann himself quit drinking.

While labouring away in his home studio at night, Ollmann would keep a bottle of whisky or cognac on hand for sipping, and although he stopped mostly for health purposes and not directly because of Seabrook: "I was constantly writing and drawing him drinking. There are so many pictures of him drinking because it was so much part of his story," he says. "I got sick of drawing and showing someone ruining their life with booze."

Seabrook died in 1945 from taking an overdose of sleeping pills — by which point his work was basically forgotten.

Ollmann speculates that Seabrook's downfall was in part due to his alcoholism, but also because, later in life, he gave up his adventuring ways, settling down in the Hudson Valley to present teatime talks to social groups.

His is a cautionary tale indeed, but Ollmann — who recently illustrated the covers and wrote introductions for reissues of Seabrook's The Magic Island and Asylum — really wants people to discover the man's writing.

"His first books are wonderful, adventure-travel books," Ollmann says. "He wrote about trashy subjects but he wrote about them smarter than you would have expected."

Sue Carter is the editor at Quill & Quire magazine.

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ALGONQUIN COLLEGE

She made protest songs before they were cool

INTERVIEW

Why icon Buffy Sainte-Marie is still making a social impact

METRO FOCUS ON ACTIVISM!

Buffy Sainte-Marie has told the stories of outliers and underdogs throughout her career and organizers at the Juno Awards say it's time to recognize the singer's contributions to the community.

The four-time Juno winner and social activist will be this year's recipient of the Allan Waters Humanitarian Award, an honour reserved for Canadian musicians who've left a positive social impact.

The Canadian Academy of Recording Arts and Sciences says Sainte-Marie "exemplifies the essence of humanitarianism" with her dedication to protecting indigenous communities. She's also provoked conversation through songs like her 1964 anti-war peace anthem Universal Soldier.

Sainte-Marie also founded the Nihewan Foundation for Native American Education in 1969, a non-profit initiative to improve education of the cultures.

"A long time ago I figured out I have enough money to probably have three meals a day for the rest of my life," Sainte-Marie says. "So I wanted to put my money to work early." Speaking from her Hawaiian home, Sainte-Marie talked about nonprofits and protest songs.

There are a lot of people who go to Standing Rock and confuse it with Burning Man.
Buffy Sainte-Marie on modern social justice campaigns

Buffy Sainte-Marie will be the first indigenous woman to win the Allan Waters Humanitarian Award at the Junos. HANDOUT

You've been a tireless voice for causes throughout your career, but fewer people know about why you created the Nihewan education foundation. How did it happen?

Before I was ever a singer I was a teacher. I got my teaching degree (and) a degree in Oriental philosophy. Because I had a personal interest — and the advantage of a scholarship about indigenous issues — that probably had something to do with it. (The feeling) has stayed with me always through my career, going in and out of the aboriginal community ... building a bridge between cultures.

You've been a voice for the indigenous community but it's never fully defined your career. Did you pursue a balance that also factors in your pop and folk influences?

I've had over 50 years of that kind of double perception, which is very nice for me. I think my real work has been in the realm of thought. I really feel as though ... I've changed the way some people think about war, alternative conflict resolution and indigenous issues. I did it early and I've done it consistently because I really do care.

With Donald Trump headed to the White House do you expect more protest songs to emerge from discontent gestating in some communities?

I wish. There were a lot of people in the Civil Rights movement who just showed up because it was the popular thing to do. It became "hip" to seem like you were part of that. There are a lot of people, for instance, who go to Standing Rock and confuse it with Burning Man. My question to all the other great songwriters in the world is: Where are your protest songs? Now that Donald Trump is (elected) are you going to start writing them now? I mean, where was your protest song last year? And the year before? Some people are consistently aware of the world and trying to share their best contributions. Other people just show up when somebody's handing out free gifts at the party.

What inspires you to stay motivated to keep writing new music?

Kind of depends on where I am. When I'm in Hawaii it's just nature. I live with a lot of animals and plants and nature is "vitamin green" for me. I also have a double life. I'm home for two weeks, I'm on the road for two weeks. What motivates me are the same things that motivated me in the beginning. I respond to the world. I see things that need change and I think the world is always ripening.

THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Few dry eyes on a fond farewell tour

Malia Obama watches on as her mother and father embrace after his Chicago farewell speech. NICHOLAS KAMM/AFP/GETTY IMAGES

THE SHOW: Barack Obama's farewell tour (Youtube)
THE MOMENT: The tears

There was the moment when Barack Obama, in one of his final acts as US president, surprised his vice-president, Joe Biden, with the Presidential Medal of Freedom. The aide whom Obama asked to read the citation was young and female (he's always been savvy).

"In a career of public service spanning nearly half a century," she began, Biden has "fought for a stronger middle class...combatted violence against women...and safeguarded [America] from corruption."

It was both a sincere tribute to Biden and a subtle nose-thumb to the guy being sworn in on Friday, who has not served, and may not safeguard.

There was the medley of gospel songs in the ABC special Taking the Stage, (Jan. 12): His Eye is on the Sparrow, Stand, Heaven (I'm Going There). Most African Americans in the audience, including the Obamas, knew every word — a reminder of the common language that Black churchgoers share.

But my favourite was the moment Obama turned to his wife during his final address, in Chicago.

"Michelle," he said, and paused to let the crowd cheer. He held her eyes throughout. She mouthed, "Love you," but didn't let herself cry.

He cried, though. He was never shy about crying. His voice broke on this line: "You took on a role you didn't ask for and you made it your own, with grace and guts and style and humor."

Watching him, I thought, "That is a man. That is what a man looks like." His country didn't always make the most of him. But we were lucky to have him.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

COMIC BOOKS

Millennial rage taken to its very limit

Kill Or Be Killed
By: Ed Brubaker and Sean Phillips
Publisher: Image Comics
$9.99; 128 pages

Mike Donachie
Metro | Canada

Young? Angry? Feeling a lack of control over your life? Then try this on for size.

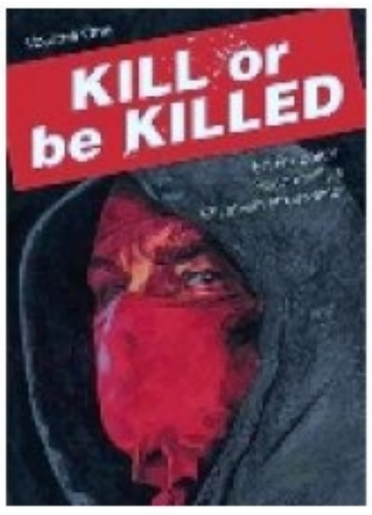
In Kill Or Be Killed, Brubaker and Phillips — the team behind comics masterpieces like Criminal and Fatale — take millennial rage to its limit, with added murder.

Dylan is a college student and his life isn't good. At his lowest ebb, he attempts suicide, but is saved by a demon and he rediscovers a will to live. But there's a twist — to stay alive, he has to kill people. A lot.

The book, playing out as slowly and deliciously as its creators' other sequential successes, plays with the idea of vigilantism as Dylan earns a month of life for every life he takes.

We're accustomed to the idea that, if you're a one-dimensional character with an origin story and a pile of money, you can dress up in a Halloween outfit and beat up bank robbers in the street. But what happens when you have real neuroses and relationships, and being a vigilante starts to eat away at your life like acid? This is quite a book.

And it's a thriller, too, because it's Ed and Sean. A monthly treat, collected here for the first time.



PEN NOMINEES ANNOUNCED

Railroad rolls over critics

Colson Whitehead, winner of the National Book Award for his novel The Underground Railroad, is a finalist for a new $75,000 prize given by the literary and human rights organization PEN America.

Whitehead's story of a young runaway slave is among five nominees for the PEN/Jean Stein Book Award. Other finalists include Jane Mayer for Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right, Teju Cole for Known and Strange Things, poet Tyehimba Jess for Olio and Hisham Matar for The Return: Fathers, Sons and the Land in Between.

The Stein award is given for "a book-length work of any genre for its originality, merit, and impact." PEN also announced finalists in nine other competitive categories, from best science and sports writing to the $25,000 PEN/Robert W. Bingham Prize for best debut fiction.

THE ASSOCIATED PRESS

metro HOME

Your essential daily news

After owning it for just five months, Kylie Jenner is selling her Hidden Hills home for $5.4M U.S.

MEET THE CONDO

Striking views near the river

CONTRIBUTED

Project overview

Brigil has begun construction on a second high-rise at Petrie's Landing. The condo project is expected to be completed in 2018. Some units from the first tower are already available, either for immediate occupancy or in the future.

Housing amenities

The second tower, which is still currently under construction, offers a lounge and recreation room, an exercise room, and access to a pool and spa. The units include features such as granite and ceramic tiling, hardwood floor, large closets and granite countertops. Appliances are also included.

Location and transit

Located just 15 minutes from downtown Ottawa, the waterfront condos offer striking views of the surrounding area. There are many shops and restaurants nearby, and public transit options are within walking distance. Both Hwy 174 and Hwy 417 are within easy distance as well.

In the neighbourhood

Located by the Ottawa River north of Orléans, Petrie's Landing has amazing views of the river, forests and the Gatineau Hills. Residents can explore the nearby forests, trails, and the beach at Petrie Island. The area offers the perfect combination of urban conveniences and the beauty of nature. ILANA REIMER/FOR METRO

NEED TO KNOW

What: Petrie's Landing
Builder: Brigil
Designer: Brigil with Neuf Architects
Location: Inlet Private
Building: Condo towers
Size: Starting from 671 square feet to 1,268 square feet
Pricing: Starting at $199,800
Model: One to two bedrooms, one to two bathrooms
Status: Now selling
Occupancy: Late 2018
Sales centre: 8700 Jeanne d'Arc Blvd.
Phone: 613-824-4059
Website: brigil.com

metro SPORTS

New York Rangers forward Chris Kreider has been fined $5,000 for ripping off Stars forward Cody Eakin's helmet and hitting him in the head with it

Building a legacy

NFL PLAYOFFS

Falcons QB Ryan has the statistics but not the rings

Matt Ryan has helped guide the Falcons to an NFC South title and the NFC championship game. KEVIN C. COX/GETTY IMAGES

Matt Ryan knew the question was coming.

There are four quarterbacks still standing in the NFL playoffs. Only one has failed to win a Super Bowl title.

Any guesses who that might be?

"Yeah," Ryan said dryly, pointing toward the questioner with a big smile, breaking the room up.

With his greatest season, Ryan has guided the Atlanta Falcons within two wins of their first Super Bowl title. It's a tantalizing chance to fill the most glaring hole on his resumé, to take care of the one thing that separates him from New England's Tom Brady, Pittsburgh's Ben Roethlisberger and Green Bay's Aaron Rodgers.

Ryan might be the favourite to capture the MVP award, too. But chances are he won't be considered a truly elite quarterback, the kind they start clearing a spot for in Canton, until he brings home a championship.

"He craves a Super Bowl," said former Falcons teammate Tony Gonzalez, now an analyst for CBS. "Absolutely it would change the national perception of him. It would change the perception he has of himself. ... It would change everything for him."

Ryan has certainly had a stellar career up to now, and even his performance a year ago — generally viewed as the worst of his career — really wasn't all that poor statistically. But it certainly wasn't up to his standards, largely because the Falcons finishing 8-8 after winning their first five games.

Like any top player, Ryan is fastidious about his preparation. But something really clicked this year in the way he gets ready for a game. Nothing seems to faze him. No situation appears to catch him off-guard.

> **He's on a roll now and peaking as a player.**
> Tony Gonzalez

A more comfortable relationship in his second year with offensive co-ordinator Kyle Shanahan is usually offered up as the most logical reason for Ryan's transformation. But it runs deeper than that.

"I feel well-prepared week in and week out. I feel ready and confident when we get to games," Ryan said Wednesday. "Do I feel like I've gotten to a place where I'm doing it better than I've done it up to this point? Absolutely."

No argument there.

Ryan completed just under 70 per cent of his throws during the regular season, and finished with a career-best 38 touchdowns and 4,944 yards — and a career-low seven interceptions — while leading the Falcons (12-5) to the NFC South title.

Ryan shrugs off any speculation about what a victory Sunday might mean to his legacy, but others know how important this is.

"We've come to a day and age where it's how many Super Bowls were you in? How many victories did you have? How did you play in the so-called big games?" said Phil Simms, who was with the New York Giants for a pair of Super Bowl titles. "It's really big for his — and it's a word I hate to use — but his legacy. That's just the way it is."

THE ASSOCIATED PRESS

AUSTRALIAN OPEN

Bouchard makes return to 3rd round

Eugenie Bouchard GETTY IMAGES

Canadian Eugenie Bouchard is back in the third round of the Australian Open for the first time in two years after defeating China's Peng Shuai 7-6 (5), 6-2 on Wednesday.

Bouchard, who reached the semifinals of the Australian Open in 2014, finally closed it out after Peng saved three match points on the Canadian's serve at 5-1 in the second set.

Following her break-out year in 2014, which also saw her reach the Wimbledon final, Bouchard struggled to make it past the fourth round at the slams. Her best result last year was the third round at Wimbledon.

Her next opponent will be American Coco Vandeweghe, who defeated Pauline Parmentier of France in straight sets.

"Overall, I'm feeling better with each passing day," said Bouchard.

Also, Ottawa's Gabriela Dabrowski and Michaella Krajicek of the Netherlands won their first-round doubles match, defeating Georgia's Oksana Kalashnikova and Serbia's Aleksandra Krunic 6-2, 6-0.

THE CANADIAN PRESS

BASEBALL

Former Expos star gets call from hall

Former Montreal star Tim Raines along with Jeff Bagwell, and Ivan Rodriguez have been elected to baseball's Hall of Fame, earning the honour as Trevor Hoffman and another Expos great, Vladimir Guerrero, fell just short.

Steroids-tainted stars Barry Bonds and Roger Clemens were passed over for the fifth straight year by the Baseball Writers' Association of America but received significantly more votes this time.

75

The percentage of votes players must receive to get into the hall.

Bagwell drew 86.2 per cent of votes, Raines got 86 per cent and Rodriguez had 76 per cent.

THE ASSOCIATED PRESS

Brown apologizes for livestreaming video

Antonio Brown's Facebook Live video had 900,000 views before being removed. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Antonio Brown insists he didn't mean to disrespect his coach or create a distraction when the All-Pro wide receiver livestreamed the raucous aftermath of the Pittsburgh Steelers' playoff win over the Kansas City Chiefs last week.

The ever social media savvy Brown also didn't rule out doing it again.

Even as Brown apologized for his decision to let his over 650,000 Facebook fans in on a usually private moment — one that caught head coach Mike Tomlin using a profanity to describe the New England Patriots — he played coy Wednesday when asked if he's going to leave his camera off the next time the post-game locker-room door is closed.

"I guess you've got to wait and see," Brown said.

> **I wanted to give the fans an intimate experience.**
> Antonio Brown

In a way it was "AB being AB," a phrase often repeated by Brown's teammates whenever the exuberant star's antics cross the line from harmless fun into something they find themselves having to explain.

The past three days fell into the latter, with Pittsburgh's preparations for its AFC championship meeting with New England taking a back seat to Brown's 17-minute post that forced Tomlin to chastise one of the league's best players for something Brown considered innocuous. THE ASSOCIATED PRESS

IN BRIEF

Bautista officially back with the Blue Jays

Toronto Blue Jays outfielder Jose Bautista decided to test the free agent market this off-season. A return to the city where he blossomed into one of the game's top sluggers turned out to be the best fit.

The Blue Jays confirmed Wednesday that Bautista has re-signed with the team, agreeing to a one-year deal with a guaranteed base salary of $18 million US. The contract includes options that could see him stay in Toronto through 2019. THE CANADIAN PRESS

Wheat Kings' Patrick tops North American rankings

Brandon Wheat Kings forward Nolan Patrick was named the top North American draft-eligible skater for the 2017 Draft by the NHL Central Scouting Bureau on Wednesday.

He has 13 points (six goals, seven assists) in eight games this season. Patrick has missed most of the campaign due to an upper-body injury.

Swiss centre Nico Hischier of the Halifax Mooseheads was ranked second on the mid-season list. THE CANADIAN PRESS

Reynolds' return was a hard road

ICE SKATING

Skater thought career was over, is very grateful to be back

Kevin Reynolds' rehabilitation from hip surgery took place in a gym adjacent to a skating rink in Burnaby, B.C.

The 26-year-old would watch the skaters at his training base at Eight Rinks, all the while not knowing if he'd ever skate again. But the three-time national silver medallist announced his return to the international ice with a bronze medal at Skate Canada International in the fall — his first-ever Grand Prix medal — and is looking forward to competing at this week's national championships in Ottawa.

"After a few months off the ice I started to really miss it, and knew I wanted to at least give it a shot and at least try to come back. And if there was pain, I would give it up at that point and move on," Reynolds said. "But the signs were all positive. Step by step, I was able to work things through and manage it."

Reynolds' career has been an unenviable roller-coaster of injuries and ill-fitting skates. He famously had to withdraw from several major competitions while he searched the globe for skates that would fit his extremely narrow feet.

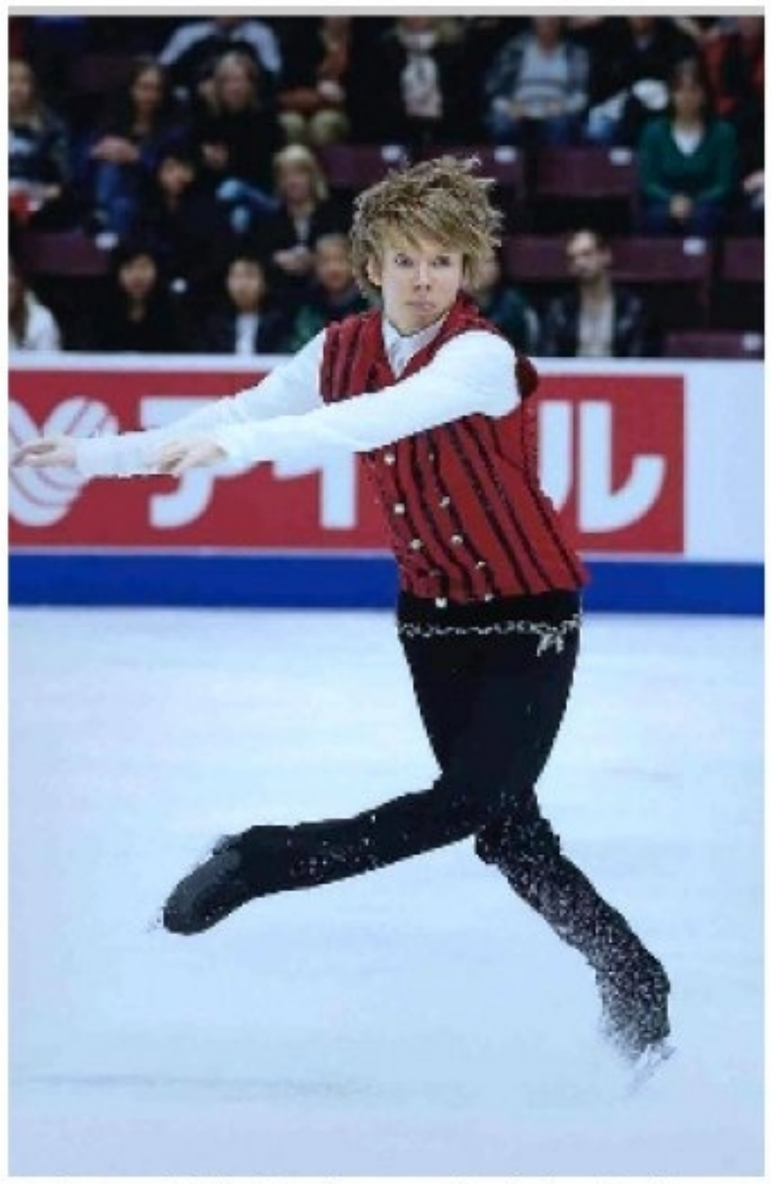
It was the hip injury though that threatened to derail his career for good. The injury forced the Coquitlam, B.C., skater to withdraw from the free program at the 2015 Canadian championships, and he underwent the surgery three months later.

"There was no continuing without (the surgery)," Reynolds said. "Even with risk of not being able to skate again, there was really no choice."

He rebounded to win bronze at last year's Canadian championships. Then, competing in his first Grand Prix event since 2012, he laid down a stunning long program at Skate Canada in Mississauga, Ont., to reach the podium. Because he'd tumbled well down the world rankings in his time off, Skate Canada was his only Grand Prix event this season

> **After a few months off the ice I started to really miss it.**
> Kevin Reynolds

Reynolds, who said next season will his last, is thankful for this second chance. He's looking at it like he's got nothing to lose. "I'm just thankful I do have this opportunity after so much struggle, after so much pain, and it's really given me lots to celebrate, even getting to this point. The senior events at the Canadian championships begin Friday at Ottawa's TD Place. THE CANADIAN PRESS



Kevin Reynolds is looking for more national championship silverware this weekend at TD Place. TOM SZCZERBOWSKI/GETTY IMAGES

ATHLETICS

Detailed athlete analytics imminent

The Canadian Olympic Committee is teaming with a big data company to ramp up analytics for athletes.

The COC has announced an eight-year, cash-and-services sponsorship deal with SAS, an analytics software company whose clients include banks, hotels, universities and casinos.

The company's sports division has worked with the Los Angeles Kings, Orlando Magic and New York Mets as well as Major League Soccer. The pro teams often want data on season-ticket holder retention and fan experience enhancement. Athlete performance will be SAS's primary work for the COC.

"Our initial focus will be on player analytics," SAS president Cameron Dow said. "It's a lot more than a marketing partnership. It was more around how could we actually work with the Canadian Olympic Committee and the Olympic team to actually make a difference and drive results." THE CANADIAN PRESS

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MAKE IT TONIGHT

Satisfying Egg Drop Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Hang up the phone! Forget bringing dinner in because this version of a traditional takeout soup has more heft thanks to the addition of asparagus. Plus it has cheese. Nothing trumps cheese.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 cups (950 ml) low sodium chicken broth
- 1/2 cup (120 ml) chopped asparagus
- 2 Tbsp (30 ml) unsalted butter
- 1/4 cup (60 ml) chopped onion
- 2 eggs, beaten
- 1/4 cup (60 ml) fresh grated Parmesan cheese, extra for garnish
- sea salt and pepper to taste

Directions

1. In a large pot, place butter, asparagus and onion. Saute until vegetables are soft but crisp. Add broth and bring to a simmer, allow to simmer for 5 minutes.

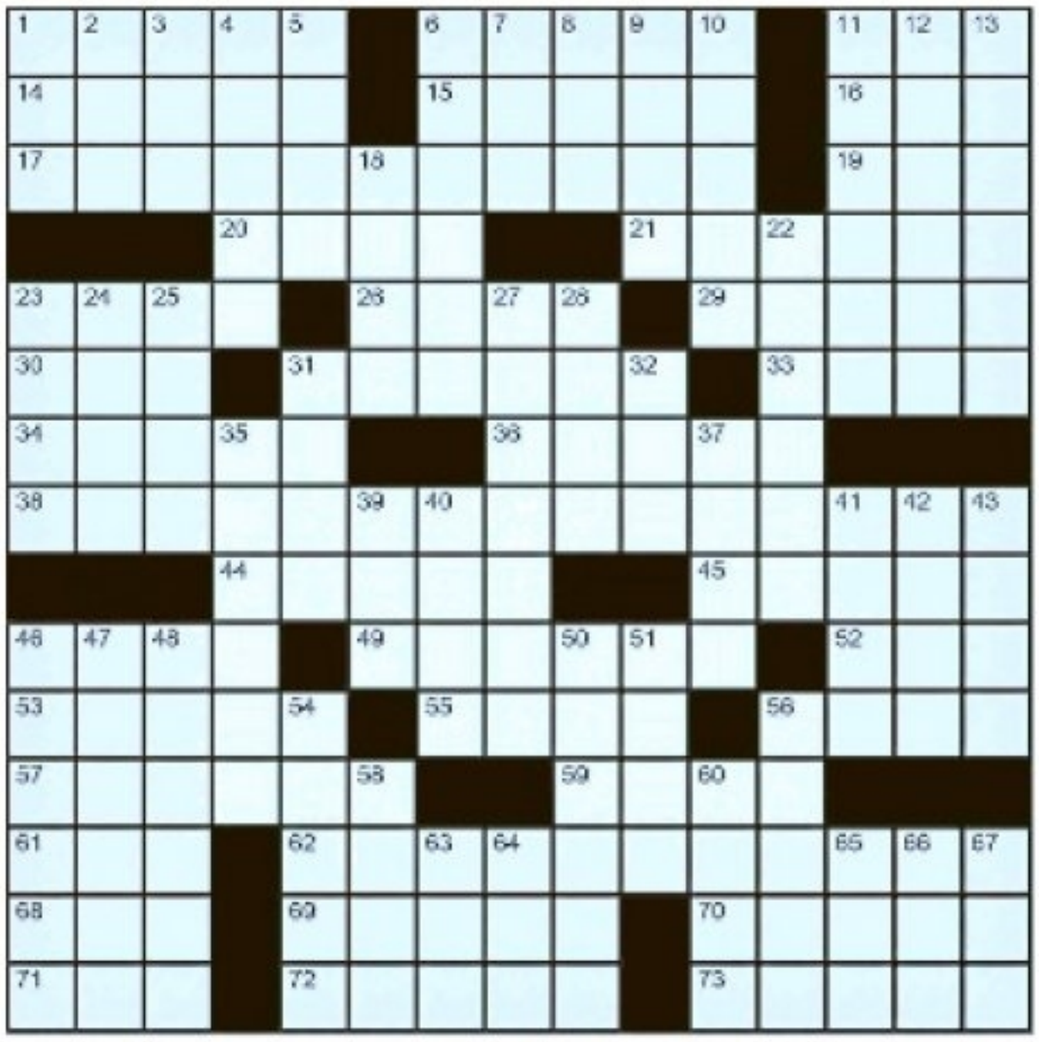
2. Meanwhile, beat eggs and add Parmesan cheese. Then drizzle eggs into broth. Lightly stir until eggs are cooked. Lower heat and allow to cook another 5 minutes.

3. Ladle into bowls, sprinkle top with Parmesan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Recording artist Nicki of "Super Bass"
6. Cabbage Kids connector
11. Mr. Waxman's
14. Diner's initial request: 2 wds.
15. Honda luxury car
16. Cheers bartender
17. Long __ into Night (Eugene O'Neill play in which #62-Across starred in the 1996 filmed version)
19. Fashion designer Anna
20. Belonging to us
21. Bon Jovi's "We __ Born to Follow"
23. Unlock
26. Quick little times
29. Trench
30. Gun the engine
31. Ranch enclosure
33. Rather grey
34. Fish-holding basket
36. "The Little Mermaid" (1989) princess
38. Shakespeare's jolly knight: 3 wds.
44. White-plumed heron
45. Gambling card game
46. Country singer Mr. Church
49. Fitting/suitable
52. 'Pepper' add-on (Deli item)
53. Mr. Hall, Canadian game show host
55. Squirrel's nest
56. Coutler and Landers
57. Martin of "12 Angry Men" (1957)
59. Little bit of residue
61. Singer's trophy [acronym]
62. Canadian stage actor (b.1920 - d.2007) who performed at Stratford in roles including #38-Across: 2 wds.
68. Pastureland
69. __ record (Use the gramophone)
70. Ms. Van Doren
71. Cookies brand, __ Fields
72. Canadian Art: The Group of __
73. Skier's American destination

DOWN
1. "__ About You"
2. "__ little teapot..."
3. Napoleonic Wars marshal
4. "Happy Days" star Mr. Williams
5. Ms. Chang (ABC's "Nightline" co-anchor)
6. One using the TV clicker's temporary stoppage button
7. Horiz.
8. Large cask for wine
9. Movie's work force
10. Worked with bales on the farm, say
11. Holdings
12. "Failure to __" (2006)
13. Anvil-user's workshop
18. About: 2 wds.
22. Commercial area of Venice
23. Tolkien creatures
24. Ms. Gilpin
25. "At all?"
27. Artisan
28. Cake make, __ Lee
31. Drain problem
32. Comical Mr. Abner
35. What the pilot does before crashing
37. Behold
39. Minutes create them over time [abbr.]
40. Shortage
41. "Right Now (Na Na Na)" singer
42. "Twin Peaks" actress Sherilyn
43. Post-Thurs. days
46. Do mummy work
47. Wanderer
48. Mosaic components
50. Average
51. Vega constellation
54. Woof-woofs whiningly
56. Turkish honorifics
58. "8 __" (2002) starring Eminem
60. Jane Austen novel
63. Washroom, for short
64. Alkali
65. Official at the diamond, commonly
66. Affiliation
67. Perfect rating

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be more popular. You might join a club, group or organization. Enjoy being friendly!

Taurus April 21 - May 21
People in authority will admire you during the next four weeks. Because of this, you have an advantage. Go after what you want!

Gemini May 22 - June 21
If you can travel in the next four weeks, do so. Do anything that will expand your horizons, because you want adventure and a chance to learn something new.

Cancer June 22 - July 23
During the next four weeks, your focus will be on shared property, shared responsibilities and issues related to inheritances, insurance matters, taxes and debt.

Leo July 24 - Aug. 23
Partnerships and close relationships will be a strong focus for you during the next four weeks. You will find that you can reflect upon your style of relating with others and learn something from it.

Virgo Aug. 24 - Sept. 23
You will be eager to be productive and effective in everything you do during the next four weeks. That's why you will want to do an excellent job!

Libra Sept. 24 - Oct. 23
Fun vacations are tops on your menu throughout the next four weeks. If you can't get away on a vacation, then enjoy the arts, social outings, parties, sports events and playful times with kids.

Scorpio Oct. 24 - Nov. 22
During the next four weeks, your focus will turn to home, family and domestic issues.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy taking short trips, running errands, talking to people and reading, writing and studying more. Busy you!

Capricorn Dec. 22 - Jan. 20
Your mind will be on money, finances and cash flow more than usual during the next four weeks. Trust your moneymaking ideas!

Aquarius Jan. 21 - Feb. 19
Because the Sun in your sign for the next four weeks, you have a chance to replenish yourself for the coming year. It also will attract favourable situations and important people to you.

Pisces
Feb. 20 - March 20
Work alone or behind the scenes throughout the next four weeks, because this will serve your best interests. It's a good time to make goals for the year ahead.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8				2	4		3
1								
			1			7		6
		6		8	1			5
			4		7			
9			5	3		2		
7		3			9			
								1
8		5	6				4	

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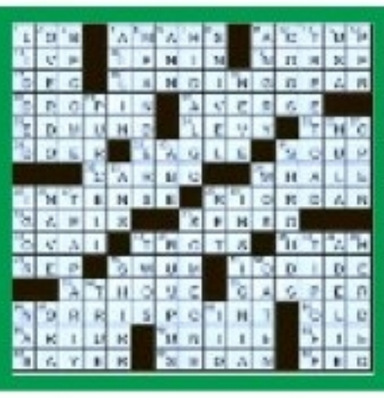
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	1	3	8	7	2	5	4	6
6	2	5	3	1	4	9	7	8
8	4	7	9	5	6	2	1	3
1	9	6	2	8	3	4	5	7
4	5	2	6	9	7	3	8	1
7	3	8	5	4	1	6	9	2
5	6	1	4	2	8	7	3	9
3	7	4	1	6	9	8	2	5
2	8	9	7	3	5	1	6	4

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TARION

OTTAWA HOME & REMODELLING SHOW

JAN 19–22
EY CENTRE

MIKE HOLMES JR.
Holmes + Holmes

CELEBRITY APPEARANCES

Don't miss the newest edition to the Holmes series franchise, Mike Holmes Jr., of HGTV's *Holmes + Holmes* who will be appearing live on the Main Stage on this weekend! Plus, don't miss local personalities with expertise in renovations and DIY.

COACH HOUSE VILLAGE

Marvel at these micro masterpieces and be amazed at just how far a few hundred square feet can go. Think these homes would make a great addition to your property? Get live advice from The City of Ottawa who will be onsite!

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